



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 01083, Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D**

**Report Date: July 05, 2017 03:43 EDT**

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

**Carbohydrate Factor: 3.87 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.38**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
<b>Proximates</b>						
Water	g	89.81	--	--	220.03	880.14
Energy	kcal	43	--	--	105	421
Energy	kJ	178	--	--	436	1744
Protein	g	3.48	--	--	8.53	34.10
Total lipid (fat)	g	0.97	391	0.020	2.38	9.51
Ash	g	0.77	--	--	1.89	7.55
Carbohydrate, by difference	g	4.97	--	--	12.18	48.71
Fiber, total dietary	g	0.0	--	--	0.0	0.0
<b>Minerals</b>						
Calcium, Ca	mg	128	--	--	314	1254
Iron, Fe	mg	0.05	--	--	0.12	0.49
Magnesium, Mg	mg	14	--	--	34	137
Phosphorus, P	mg	100	--	--	245	980
Potassium, K	mg	162	--	--	397	1588
Sodium, Na	mg	52	--	--	127	510
Zinc, Zn	mg	0.40	--	--	0.98	3.92
Copper, Cu	mg	0.010	--	--	0.025	0.098
Manganese, Mn	mg	0.002	--	--	0.005	0.020
Selenium, Se	µg	2.3	--	--	5.6	22.5
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.0	--	--	2.5	9.8
Thiamin	mg	0.040	--	--	0.098	0.392

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
Riboflavin	mg	0.173	--	--	0.424	1.695
Niacin	mg	0.090	--	--	0.221	0.882
Pantothenic acid	mg	0.336	--	--	0.823	3.293
Vitamin B-6	mg	0.045	--	--	0.110	0.441
Folate, total	µg	5	--	--	12	49
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	--	--	12	49
Folate, DFE	µg	5	--	--	12	49
Vitamin B-12	µg	0.38	--	--	0.93	3.72
Vitamin A, RAE	µg	59	--	--	145	578
Retinol	µg	58	--	--	142	568
Vitamin A, IU	IU	204	--	--	500	1999
Vitamin D (D2 + D3)	µg	1.0	--	--	2.5	9.8
Vitamin D	IU	40	--	--	98	392
<b>Lipids</b>						
Fatty acids, total saturated	g	0.604	--	--	1.480	5.919
4:0	g	0.031	52	0.001	0.076	0.304
6:0	g	0.019	68	0.001	0.047	0.186
8:0	g	0.011	89	0.000	0.027	0.108
10:0	g	0.024	89	0.001	0.059	0.235
12:0	g	0.027	89	0.001	0.066	0.265
14:0	g	0.098	88	0.002	0.240	0.960
16:0	g	0.255	88	0.006	0.625	2.499
18:0	g	0.118	88	0.003	0.289	1.156
Fatty acids, total monounsaturated	g	0.280	--	--	0.686	2.744
16:1 undifferentiated	g	0.022	71	0.001	0.054	0.216
18:1 undifferentiated	g	0.244	78	0.006	0.598	2.391
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.036	--	--	0.088	0.353
18:2 undifferentiated	g	0.022	74	0.001	0.054	0.216
18:3 undifferentiated	g	0.014	65	0.001	0.034	0.137
18:4	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 245g	1 quart 980g
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	4	--	--	10	39
<b>Amino Acids</b>						
Tryptophan	g	0.049	--	--	0.120	0.480
Threonine	g	0.157	--	--	0.385	1.539
Isoleucine	g	0.211	--	--	0.517	2.068
Leucine	g	0.341	--	--	0.835	3.342
Lysine	g	0.276	--	--	0.676	2.705
Methionine	g	0.087	--	--	0.213	0.853
Cystine	g	0.032	--	--	0.078	0.314
Phenylalanine	g	0.168	--	--	0.412	1.646
Tyrosine	g	0.168	--	--	0.412	1.646
Valine	g	0.233	--	--	0.571	2.283
Arginine	g	0.126	--	--	0.309	1.235
Histidine	g	0.094	--	--	0.230	0.921
Alanine	g	0.120	--	--	0.294	1.176
Aspartic acid	g	0.264	--	--	0.647	2.587
Glutamic acid	g	0.729	--	--	1.786	7.144
Glycine	g	0.074	--	--	0.181	0.725
Proline	g	0.337	--	--	0.826	3.303
Serine	g	0.189	--	--	0.463	1.852
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0